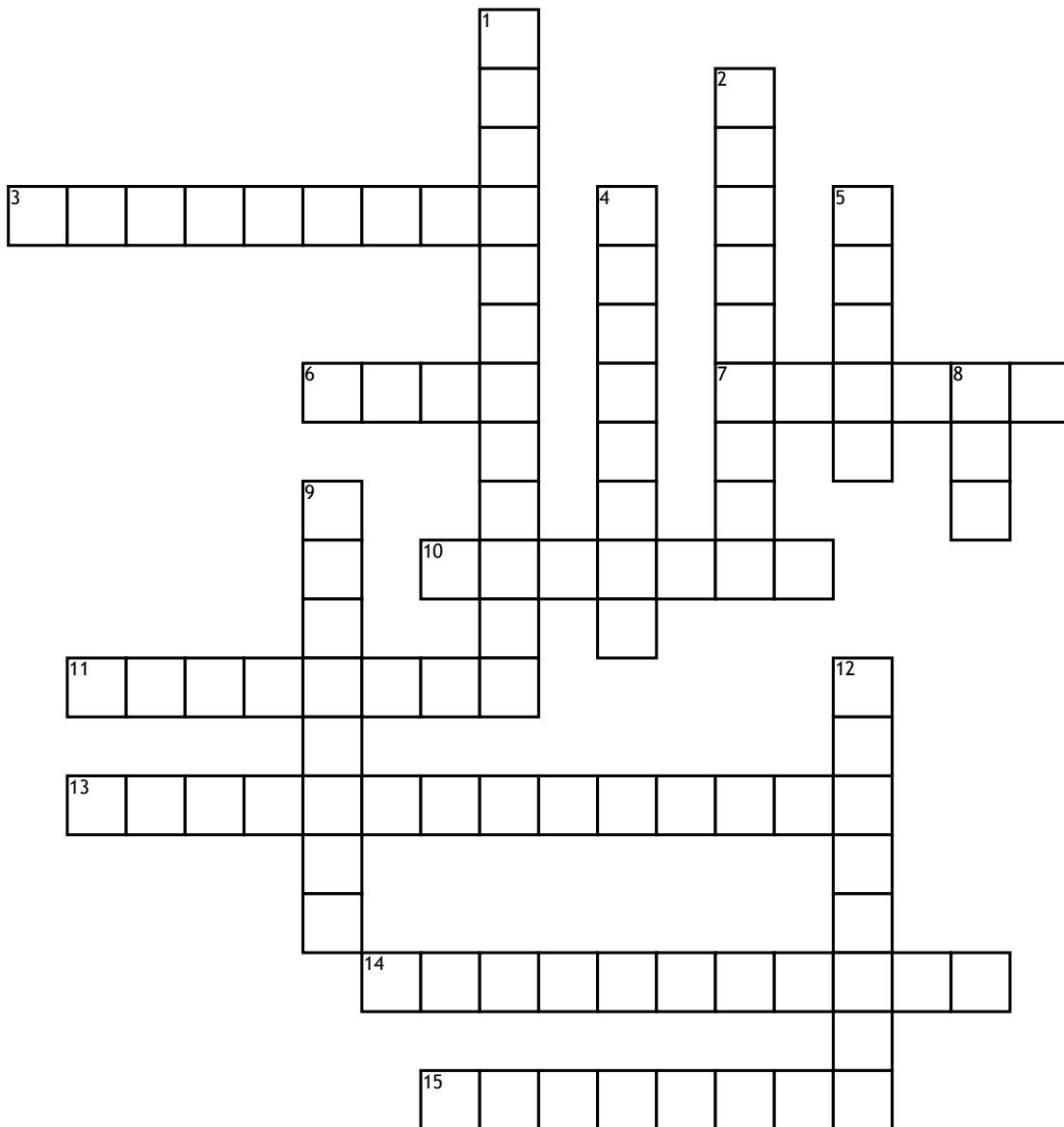


Name: _____

Date: _____

Tracking Fitness



Across

- 3. 0.621 miles.
- 6. Physical, mental and spiritual practice that originated in ancient India.
- 7. The body needs this to exercise efficiently.
- 10. An area of your body which will improve with more exercise.
- 11. Activity involving movement through water.
- 13. System for transporting oxygen and nutrients around the body.

- 14. Travelling over a significant gradient on foot (4-7).
- 15. Over time you will be able to see this.
- Down**
- 1. At least one foot must be in contact with the ground at all times (5-7).
- 2. Can be curled and pressed to increase muscles mass.
- 4. Rhythmic jumps over a rope.
- 5. A muscle found on the upper arm.
- 8. Indoor space to train and improve fitness.
- 9. Large competition which contains sports and athletes from around the world.
- 12. Combines rhythmic exercise with stretching and strength training routines.